

HOME FOOD PRESERVATION



NEBRASKA EXTENSION

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NEBRASKA EXTENSION

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TODAY'S OBJECTIVES:

1. Learn to identify reliable sources when food preserving.
2. Don't believe everything you READ.
3. Connect "science" to the skill of home food preservation.
4. Know where to go with your questions.
5. Identify electronic resources available 24/7.



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HOW SAVVY ARE YOU WITH CANNING?



Canning in your oven is a safe, convenient way to seal jars?

_____ YES

_____ NO



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HOW SAVVY ARE YOU WITH CANNING?



Canning in your oven is a safe, convenient way to seal jars?

_____ YES

NO



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Canning in an oven is NOT SAFE. Improperly canned low-acid foods can cause botulism, a deadly foodborne illness. Foods inside jars do not get hot enough consistently to ensure proper heat penetration.

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HOW SAVVY ARE YOU WITH CANNING?



Is it safe to can green beans in a boiling water canner?

_____ YES

_____ NO



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HOW SAVVY ARE YOU WITH CANNING?



Is it safe to can green beans in a boiling water canner?

YES

NO

Green beans are low in acid and need to be pressure canned to know they are safe to consume.



7

HOW SAVVY ARE YOU WITH CANNING?



2-piece screw band canning lids should be tightened “fingertip tight” prior to canning.

YES

NO



8

HOW SAVVY ARE YOU WITH CANNING?



2-piece screw band canning lids should be tightened “fingertip tight” prior to canning.

YES
 NO

Just use your fingertips – not your muscles – to tighten screw bands. Overtightening can lead to seal failures. Prepare lids as a directed on the package. DO NOT reuse lids. You can reuse screw bands.



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HOW SAVVY ARE YOU WITH CANNING?



Most vegetables do not require heat blanching prior to freezing?

YES
 NO



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HOW SAVVY ARE YOU WITH CANNING?



Most vegetables do not require heat blanching prior to freezing?

YES
 NO



For best quality, vegetables should be heat-treated (blanched) in boiling water for the recommended length of time. Blanching inactivates enzymes (small proteins that regulate processes). Without blanching, undesirable flavor, texture, and color changes can occur.

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HOW SAVVY ARE YOU WITH CANNING?



Can you tell by looking, if a food contains Botulinum toxin?

YES
 NO
 You can tell if you are an experienced canner



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HOW SAVVY ARE YOU WITH CANNING?



Can you tell by looking, if a food contains Botulinum toxin?

YES
 NO

You can tell if you are an experienced canner



Botulism CANNOT be seen smelled or tasted. It is important to follow research-based recipes to assure safe food products.

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HOW SAVVY ARE YOU WITH CANNING?



Home canned pickles are so acidic that they do not need to be processed in a boiling water canner?

YES
 NO



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HOW SAVVY ARE YOU WITH CANNING?



Home canned pickles are so acidic that they do not need to be processed in a boiling water canner?

YES

NO

Many molds, yeasts and some bacteria survive in acidic environments. To inactivate molds, yeast, and bacteria, home canned pickles **MUST** be processed a boiling water canner for the recommended time.



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HOW SAVVY ARE YOU WITH CANNING?



Is safe to use commercial glass jars to home can food, such as peach sauce, in a boiling water canner.

YES

NO



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HOW SAVVY ARE YOU WITH CANNING?



You can use commercial glass jars to can food, such as peach sauce, in a boiling water canner.

YES

NO



Kind of – They are safe to use, but Mason-type jars are the best choice for canning. Expect more seal failures and potential breakage when reusing commercial glass jars. Mayo jars have a narrower sealing surface and are tempered less than Mason canning jars.

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HOW SAVVY ARE YOU WITH CANNING?



Grandma's canning recipe is safe to use today?

YES

NO



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HOW SAVVY ARE YOU WITH CANNING?



Grandma’s canning recipe is safe to use today?

YES
 NO



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While nostalgic, family recipes should not be used for home canning unless the recipe originated from a research-based canning safe source or safely freeze that recipe for later.

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HOW SAVVY ARE YOU WITH CANNING?



My lids all sealed when I filled my jars.
Is my canned food safe?

YES
 NO



20

HOW SAVVY ARE YOU WITH CANNING?



My lids all sealed when I filled my jars.
Is my canned food is safe?

YES
 NO

- This is a false seal. The only way to ensure that a jar is safely sealed is to process in a boiling water canner, steam canner or pressure canner, while following a research tested recipe.



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HOW SAVVY ARE YOU WITH CANNING?



Which of the following should be added to acidify tomatoes during the canning process?

- Freshly squeezed lemon juice
- Vinegar, 5% acidity
- Commercially bottled lemon juice
- Citric Acid



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HOW SAVVY ARE YOU WITH CANNING?



Which of the following should be added to acidify tomatoes during the canning process?

Freshly squeezed lemon juice

Vinegar, 5% acidity

Commercially bottled lemon juice

Citric Acid

Properly acidifying home-canned tomato products must go hand-in-hand with properly processing them.

Acid	Pints	Quarts
Bottled lemon juice	1 tablespoon	2 tablespoons
Citric acid	¼ teaspoon	½ teaspoon
Vinegar (5% acidity)	2 tablespoons	4 tablespoons



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HOW SAVVY ARE YOU WITH CANNING?



A sealed jar is a safe home canned product?

YES

NO



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HOW SAVVY ARE YOU WITH CANNING?



A sealed jar is a safe home canned product?

YES
 NO



For home-canned foods to be safe you must follow a tested recipe and process in either a pressure canner, boiling water canner, or steam canner. Only then can a vacuum seal be formed and the product safe.

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HOW SAVVY ARE YOU WITH CANNING?



Any food can be canned at home?

YES
 NO



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HOW SAVVY ARE YOU WITH CANNING?



Any food can be canned at home?

YES
 NO

Not all foods can be safely canned at home. Commercial equipment reaches higher temperatures than home equipment. For example, there are **NO SAFE** recipes for canning pureed pumpkin/squash/pumpkin pie filling.



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HOW SAVVY ARE YOU WITH CANNING?



Is it safe to can fruits without sugar?

YES
 NO



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HOW SAVVY ARE YOU WITH CANNING?



Is it safe to can fruits without sugar?

YES
 NO



Sugar will help the fruit look better longer but is not needed for safety.

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HOW SAVVY ARE YOU WITH CANNING?



Can a food be canned at the same pressure (pressure canner) or same time (boiling water) at all elevations?

YES
 NO



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HOW SAVVY ARE YOU WITH CANNING?



Can a food be canned at the same pressure (pressure canner) or same time (boiling water) at all elevations?

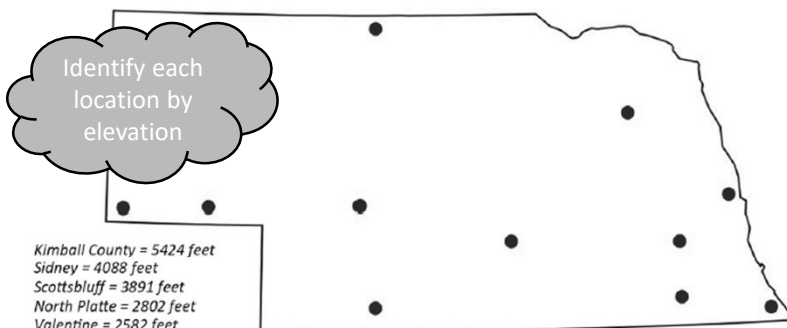
YES
 NO



Water boils at different temperatures at different elevations. So canning times and pressure will vary depending on your elevation.

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Adjusting for Elevation



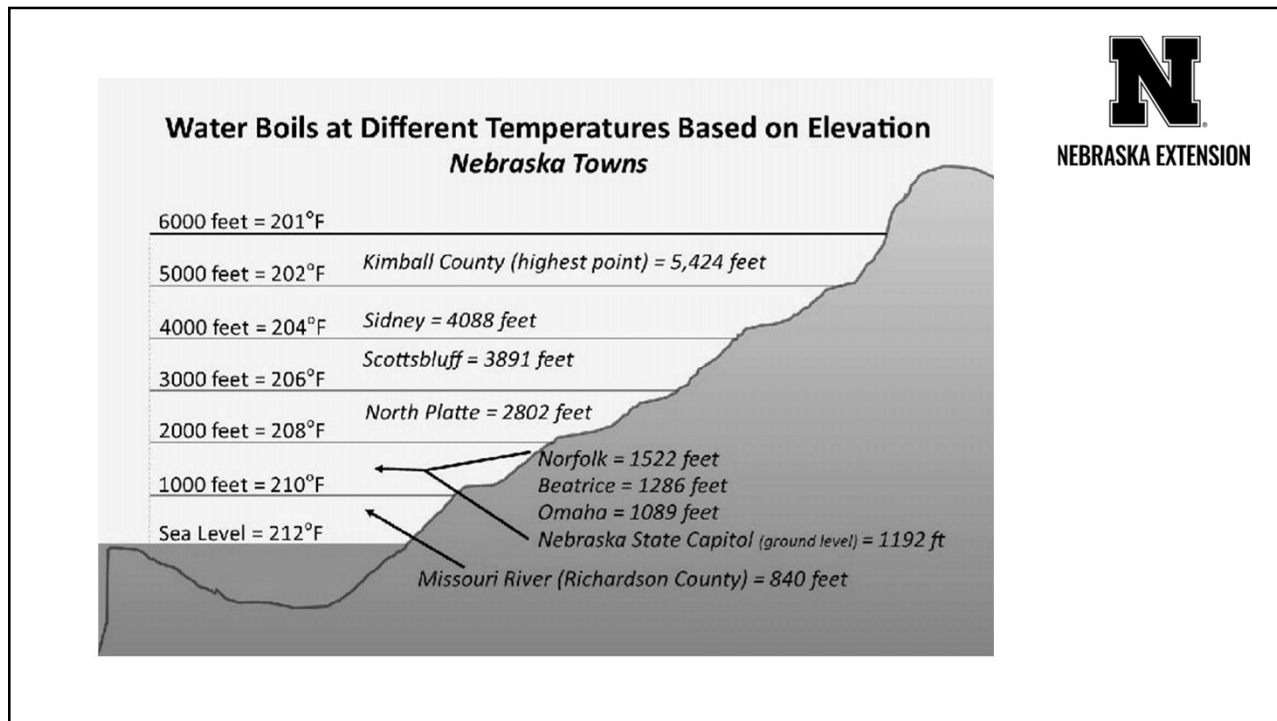
- Kimball County = 5424 feet
- Sidney = 4088 feet
- Scottsbluff = 3891 feet
- North Platte = 2802 feet
- Valentine = 2582 feet
- McCook = 2572 feet
- Grand Island = 1860 feet
- Norfolk = 1522 feet
- Beatrice = 1286 feet
- Omaha = 1089 feet
- Nebraska State Capitol (ground level) = 1192 feet
- Missouri River (Richardson County) = 840 feet

Nebraska Elevations

Match the city & elevation to the correct location.



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HOW SAVVY ARE YOU WITH CANNING?

Is it OK to add additional ingredients when canning salsa?

Which of the following ingredients may be safely adjusted in amount when canning salsa.

- _____ Tomatoes
- _____ Peppers
- _____ Vinegar
- _____ Cumin
- _____ Onions



The Nebraska Extension logo is in the top right corner.

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HOW SAVVY ARE YOU WITH CANNING?



Which of the following ingredients may be safely adjusted in amount when canning salsa.

NO Tomatoes

NO Peppers

NO Vinegar

YES Cumin

NO Onions



Only spices can be added when canning salsa.

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HOW SAVVY ARE YOU WITH CANNING?



Larger jars can be used for home canned foods when you have additional foods?

 YES

 NO



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HOW SAVVY ARE YOU WITH CANNING?



Larger jars can be used for home canned foods when you have additional foods?

YES
 NO

Recipes specify what size of jar to use. NEVER use a jar larger than the size specified in the recipe. This can lead to under-processing. Regular and Wide-mouth jars - 4oz, ½ pint, 12 oz, pint, 1 ½ pint, quart, ½ gallon sizes



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HOW SAVVY ARE YOU WITH CANNING?



Is it safe to scrape off surface mold from jellies and jams and eat the remaining product?

YES
 NO



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HOW SAVVY ARE YOU WITH CANNING?



Is it safe to scrape off surface mold from jellies and jams and eat the remaining jelly/jam?

YES
 NO

Mold can be further into jellies and jams than the eye can see, best to toss.



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HOW SAVVY ARE YOU WITH CANNING?



If my grandmother canned a recipe using open kettle canning, can I safely can the food that way?

YES
 NO



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HOW SAVVY ARE YOU WITH CANNING?



If my grandmother canned a recipe using open kettle canning, can I safely can the food that way?

YES
 NO



Would you trust a heart surgeon who was using techniques from 50 years ago?
Be safe when canning, use current tested methods.
than the eye can see, best to toss.

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HOW SAVVY ARE YOU WITH CANNING?



My electric multi cooker (ie: Instant Pot) has canning instructions – is it safe to can in this appliance?

YES
 NO



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HOW SAVVY ARE YOU WITH CANNING?



NEBRASKA EXTENSION

My electric multi cooker (ie: Instant Pot) has canning instructions – is it safe to can in this appliance?

YES
 NO

These appliances haven't been tested to know they can safely can foods.



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HOW SAVVY ARE YOU WITH CANNING?



NEBRASKA EXTENSION

Is it safe to add rice, barley, or other grains, noodles, or other pasta, flour, cream, milk or thickening agents when canning soups?

YES
 NO



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HOW SAVVY ARE YOU WITH CANNING?



Is it safe to add rice, barley, or other grains, noodles, or other pasta, flour, cream, milk or thickening agents when canning soups?

YES
 NO

Canning times are based on acidity and thickness of the canned product. When you add thickeners it takes longer for the middle of the jar to get hot. Add thickeners after you open the jar to use.



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**Electric Resource Provided
For participants at
Women in Agriculture Conference**

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The screenshot shows the UNL Food website interface. At the top, there is a navigation bar with 'UNL FOOD' and a 'Keep Food Safe' dropdown menu. The dropdown menu lists several options: 'Food Preservation', 'Food Safety During Power Outage', 'Food Safety Tips', 'Handwashing', 'Home Food Storage Chart', and 'Safe Cooking Temperatures'. Below the navigation, the 'Food Preservation' section is highlighted, featuring a sub-header 'Is your garden producing more fruits or vegetables than you can use? Check out our canning, freezing, and...' and images for 'Canning' and 'Drying'. A 'Lesson Plans' section is also visible, describing a teaching series for educators. To the right of the screenshot, there is a list of bullet points: 'Keep Food Safe tab' and 'Food Preservation'. Below the list is a QR code with the UNL 'N' logo in the center, and the text 'Scan for further information on this topic'.

- Keep Food Safe tab
- Food Preservation

<https://food.unl.edu>

“Scan for further information on this topic”

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HOW SAVVY ARE YOU WITH CANNING?

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SURVEY

Program Name: How Savvy Are You With Canning - WIA

Survey Name: Adult Post: Home Food Preservation Post Evaluation 2022

Use the link or QR code below to take this survey

<https://bit.ly/3D06YI3>

Numbers are highlighted green, and **letters** are in blue text.

A large QR code is positioned on the right side of the slide, intended for scanning to access the survey.

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HOW SAVVY ARE YOU WITH CANNING?



What Questions Do You Have??



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